

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently amended)      A method of promoting the growth of beneficial bacteria in the gut of a human in need thereof, which comprises administering to said human a composition ~~comprising an effective~~ consisting of an amount of a dark fruit selected from blackcurrant, blackberry, strawberry, blueberry, pomegranate, plum, grape, raspberry, ~~cranberry~~, redcurrant, cherry or a mixture of two or more thereof effective to promote the growth of beneficial bacteria and concomitantly reduce the growth of harmful bacteria in the gut of said human; and which optionally contains a probiotic as a prebiotic.
2. (Previously presented)      The method according to claim 1 wherein the dark fruit is in the form of fruit juice.
3. (cancelled)
4. (Previously presented)      The method according to claim 1 wherein the dark fruit is blackcurrant, cranberry, pomegranate or a mixture of two or more thereof.
5. (Previously presented)      The method according to claim 1 wherein the composition is a beverage.
6. (Previously presented)      The method according to claim 5 wherein the composition is a beverage concentrate comprising 1-40% (v/v) single strength fruit juice.
7. (Previously presented)      The method according to claim 5 wherein the composition is ready to drink beverage comprising 1-20% (v/v) single strength fruit juice.

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8. (Cancelled)

9. (Previously presented)      The method according to claim 1 wherein the composition is in the form of a liquid, a semi-solid or a solid.

10. (Cancelled)